



10 in 10 Challenge – Just the Beginning!

Congratulations on your successful completion of the INShape Indiana 10 in 10 Challenge. Over the past 10 weeks, you have been reminded of the many ways in which you can enjoy a healthy lifestyle through small changes in your daily routine. By reducing your calorie consumption by 250 calories and increasing the number of calories you've burned each day by 250, you should have lost about a pound a week. If you have fallen a bit short of your goal, keep making positive changes, and success will come.

To further encourage you in the healthy habits you've developed in recent weeks, we will continue to communicate with you periodically to share additional tips and notify you of upcoming events. You will be the first to learn about new promotions from the INShape Indiana team.

If you picked up the challenge late, or are just interested in reviewing each of the 10 weekly challenges, they will be posted on the INShape Indiana website the week of March 26, 2007. You can find the site [HERE](#).

Please continue to share your success stories and feedback with us. Thanks for taking the challenge!

Take a moment to complete the survey below by Friday, March 30, 2007

1. How many pounds have you lost since beginning the 10 in 10 Challenge?
[0 V]

2. Did you consume three servings of low fat dairy each day last week?

☐ Yes

☐ No

3. Did you burn extra calories through basketball last week?

☐ Yes

☐ No

☐ No, but I burned an extra 250 calories per day anyway

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

Golf *plus* Privilege Book

 **AMERICAN LUNG ASSOCIATION®**
of Indiana

In support of INShape Indiana, the American Lung Association of Indiana encourages you to get active! And what better way than to enjoy some time out on the golf course! Four lucky winners will receive a 2007 Golf Privilege Plus Book and golf balls! These books are good for discounted golf at nearly 350 golf courses in and around Indiana. Proceeds from the book support education, advocacy and research for Hoosiers suffering from lung disease.

For more information on the Lung Association or the Golf Privilege Plus Book, visit www.LungIN.org.

To be eligible for the drawing, simply [forward this message to a friend](#).

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A FRIEND**

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